

Class 9 - Earth

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1. Preparation for this Class

- *Video Clips:* Building Earth Boxes, Rooting

2. Earth Correspondences

EARTH CORRESPONDENCES

<u>Direction:</u>	North
<u>Tool:</u>	Plate or Shield
<u>Elemental:</u>	Gnome
<u>Part of Person:</u>	Physical Body
<u>Direction of View:</u>	To the Past; Retrospect
<u>Colors:</u>	Grass Green, Earth Brown, Black
<u>Spiritual Aspect:</u>	Certainty of Beingness

Earth = Physically, any solid. All earth is a mix of other elements.

Direction - In this hemisphere, North, where all is frozen solid. Life starts at the North, but go to the East to start gaining knowledge first.

Tool - Plate or shield, also called the pentacle. The pentacle is a five-pointed star with a circle around it. A pentacle is a plate or shield of any shape. The pentagram pulls from the apex or point to its base. If you want to communicate with elementals, put the point down. A five-pointed star only operates if you pull at it or push at it, whereas a seven-pointed star operates continuously once you put it into operation.

Part of a Person - Physical body

Physical-Level – Body solids and bones

Mental-Emotional Levels – Stability and practicality

Spirit Level – Serenity and certainty of existence. Beingness or knowing that “I am.” Spirit is being, but certainty of that is the earth part. People become unstable because something has happened along the way that has shaken the datum about the certainty of Spirit’s “I am” no matter in what condition I exist. We were given earth to experience the serenity of beingness. Earth is in present time. We must *be* before we can have. Earth is sensation, which is present time.

Interest-Direction - Past ward (retrospective)

Colors

- A. Mundane or physical - Grass Green (dynamic, living earth)
- Earth Brown (stable earth)
- B. Spiritual - Vibrant black, pure dead earth

Elemental Spirit - Gnome. Gnomes are more similar to humans than other elementals. They are much slower than we are. They don’t really like to talk to people because we’re too fast. Look for gnomes in granite outcroppings. Listen for tapping like the sound of two rocks striking together, or look for a round hole in a cliff, which isn’t there when you go look. Like other elementals, if you don’t bother them, they don’t bother you. They are reclusive and grumpy. We would sound like a gnat or mosquito to them because we are so much faster.

3. Earth Characteristics

EARTH CHARACTERISTICS

- Non-Mutable
- Strength
- Massive
- Stabilizer
- Receptive
- Solid
- Insulator
- Feminine

Non-Mutable

Though one type of earth can be combined with other kinds of earth, the result is still earth. Earth can be “re-tuned” all kinds of different ways, and can change color bands, but it still remains earth. Even when combined with air, fire and water, it remains earth.

Strength

Strength is lastingness or the force of endurance, which is different than power, which is movement. Anything that endures or has longevity has strength. When a tree is blowing in the wind, the wind is power and the endurance of the tree is strength.

Massive

Mass is defined in physics as the resistance to change or resistance to the force of motion. It requires more fire to move earth than is required to move any other element. Weight, which is not mass, is mass acted on by gravity.

Stabilizer (or Motionless)

Earth actively imparts steadiness, reliability and motionlessness –it gives form and shape to the other elements. It takes all three other elements in combination to move earth because earth is so actively motionless.

Receptive

Earth is highly receptive to water, especially water that is mixed with fire and air. Earth's receptivity, like its stabilizer, is a highly active force. The receptivity or pulling power of earth is as active as fire's radiativeness. There is nothing passive about earth's receptivity.

Solid

Pure earth is neither expandable nor compressible and does not transmit fire (i.e., fire cannot pass through it). Anything that is malleable or can be stretched is composed of other elements and is not pure earth.

Insulator

Earth does not transmit fire, making it an effective insulator. Earth insulators are best at insulating earth objects, or solids.

Feminine

Earth has a dynamic pull. Earth is alluring and pulls things to it. Receptivity is as dynamic as activity. Together they form a dynamic balance.

Note: Understanding the correspondences and characteristics of all four elements, along with how they interact with each other, allows us to see the Universe as it really is, not as people and experts have told us it is.

4. Notes on Earth Characteristics

- Pure earth is quite rare in our Universe, the only real examples being black holes and unusual particles called neutrinos (which are not the same as neutrons). Neutrinos are made in Wilson cloud chambers. Even a small piece of pure Earth would swallow everything in its path. Volcanic rock is a pretty pure form of earth, but even it has other characteristics.

- We are taught that receptivity is passive, not active, when in fact the receptivity of the earth element is highly active. It actively “sucks” or “intakes.”
- Do you remember the grade school question about, “What happens when the irresistible force meets the immovable object?” Our Universe is the answer to that object, since it is a functional battery. Fire provides the change and motion while earth provides form and direction to the change and motion. Without the resistance of earth to meet it, fire energy would expend itself uselessly in the Universe. The other way to consider earth is to consider the mechanics of levers. A lever, no matter how long, is of no use without a fulcrum to pry across. Spirit without some kind of physical universe in which to anchor is like a lever with no fulcrum.
- Black candles are dangerous in magical practice because black, the color of pure earth, has such active intake ability. Black candles absorb any kind of programming and any negative feelings easily. The other earth colors have additional elements, making them safer. Green has sun yellow and water blue, and brown has fire bands.
- Some people who are high in earth tend to be psychic suck-rocks or psychic vampires, draining the energy of whomever they are around. Increase your levels of strength, stabilizer, non-mutable or solid to compensate.

5. Earth Characteristic Questions

Use these questions to help you better understand the characteristics, and refer back to them when doing the Explorations in the exercises.

Non-Mutable

- Does it resist changing into another element?
- Does a person resist feeling their emotions, insisting on staying stuck in their position?

Strength

- Does it have durability, lastingness, or endurance?
- Does a person have persistence in pursuing a particular goal? Is a person's body able to endure a lot physical work?
- Does an object have durability or is it disposable?
- Have your dreams endured throughout your life, or did they fade with time? What about your beliefs? Does your spirit stay with you through many lifetimes?
- Can a grudge stay with you over a lifetime?

- Can a tree withstand the power of high winds? Does it persist?
- Is your pet's loyalty lasting, staying through all kinds of conditions and treatments?

Massive

- Physically, is it big or does it cover a lot of ground, or take up a lot of space?
- Is it so big that it resists all change or motion?
- Is a project massive, including a lot of departments or a large number of people?
- Is your belief system massive, meaning that it covers a lot of topics or possibly goes into a lot of detail?
- Do you think in massive terms – think big?
- Is a widespread belief massive, in that a lot of people hold the belief?

Stabilizer

- Does it cause things in the environment to stop moving? Does it resist motion and want to be still?
- Does it “control” or shape its environment?
- Do parents provide a stabilizer for their children?
- Does excessive talking or ego provide a stabilizer for an insecure person?
- Does it keep things status quo?
- Does it take a lot to change it?
- Does doing something the way you were taught or that you have been doing for a long time provide a stabilizer in a new environment?

Receptive

- Physically, does it receive or absorb light, energy, or sound? Does it exert a pull?
- Is a person receptive to new ideas, or actively attracting new ideas? Is a company actively recruiting? (Keep in mind that receptive is just as active a force as radiative).
- Is a chair receptive to someone sitting in it, even attracting people with tired feet? Is a vacuum cleaner receptive to dirt and other small objects on the floor?
- Is your old dog receptive to learning new tricks?
- Does someone's desire for a relationship “pull in” potential dates?

Solid

- Does it resist passing fire through it? Is it a resistor?
- Is someone's body build very solid? How about their resistance to change? What about their approach to life?

- Is your thought process solid enough to withstand the force of tough questioning?
- Is your spiritual connection solid enough to withstand trying conditions in life?

Insulator

- Does it keep things hot or cold? Does it separate one thing from another? Physically, earth insulators are more solid and massive than water or air insulators.
- Does your house (a solid object) insulate you from the elements?
- Are your beliefs so ingrained and massive that they blot out any other possible new beliefs? Do they make you see just what you expect to see?

Feminine

- Does it pull inward? Is it a magnetic, pulling force?
- Does it attract your attention?
- Sight: Is it subtly colored, puzzling looking? Does it draw your attention for further investigation?
- Sound: Is it soft? Does it sound fuzzy; bring you closer to hear more clearly?
- Touch: Is it smooth? Does it have patterns that absorb your attention?
- Taste or Smell: Does it taste so good that you want to come back to it to take another bite, and then another?

6. Earth Shortages and Excesses

Earth Shortages

- **Grass Green:** Stunted growth, deformed body parts, muscle loss or atrophy, limited and scanty resources, neediness, lack of confidence, insecurity, low self esteem, jealousy, anorexia, poor appetite, weakness, chronic fatigue, poor digestion, poor assimilation, shyness, lack of assertiveness, lack of courage, tenuousness, can't ask for help, poverty mentality, fear of success, fears or misinterprets contrast, poor flow, weak magnetic force, feels unworthy, unforgiving of self, critical of self and others, plays things down, overly responsible, care taker, avoids competition, dislikes sports, out of control, not good at planting or growing things.
- **Earth Brown:** Unstable, anxious, can't hold or gain weight, career problems, lack of strength, poor balance, lacks completion, weak bones, bone loss, easily dominated, wishy-washy, too flexible, unsure of self, lack of grounding, wanderlust, difficult to plant roots, takes the defensive, needing to justify self, always makes excuses, bad teeth, unable to

commit, poor follow through, won't take a stand, untidy, lives in disarray, difficult to create order, dislikes praise, does not trust self or others, untrustworthy, lacking in faith.

- **Pure Black:** Seemingly unaware of one's existence, suicidal, constantly taking risks, sociopathic, unaware that others exist, given to utter chaos, wanting or craving to have a body, total lack of appreciation of self and others, total resistance with no flow, no power of attraction.

Earth Excesses

- **Grass Green:** Excess growth, tumors and cysts, too flexible, limp, over-stimulated anterior pituitary, dispersed resources, difficult to make distinctions, unaware of contrast, lack of boundaries, compulsive spending, addictive toward possessions, unaware of rights and needs of others, self righteous, pride and vanity, tendency toward exaggeration, megalomania, greedy, hoarding, voracious appetite, bulimia, irresponsibility or overly responsible, overly competitive, needing to be in control.
- **Earth Brown:** Heaviness, stuckness, low motivation, stubborn, fixed beliefs and opinions, excess weight (hard fat accumulations), rigidity, accumulation of materials in joints, gallstones, kidney stones, sludge in the bladder and/or prostate, hardening of the arteries, bone spurs, calcification of spine and/or joints, ownership of property becomes a burden (also large possessions like cars, boats, planes), harshness, lack of emotion, especially compassion, resistance.
- **Pure Black:** Black outs, disappearing, imploding into other universes, extreme neediness and extreme need to control or manipulate through seeming helplessness (suck rocks), lives under a black cloud, extreme "bad luck", demonic.

7. Handling Earth Energy

Like every other element, there is a specific way to handle earth energies safely and effectively. Earth is a compilation of all the other elements, though very dense. Read the instructions below carefully. Do not work with black energies – they cannot be safely handled.

Box Technique

Both grass green and earth brown can be handled with boxes. Pull the energy up your arms, through your bones. **DO NOT BREATHE EARTH BOXES!** Grass

green is relatively easy to flow into a box, while earth brown can be more difficult to flow. You may need to add a little water blue (alternate looking at earth brown and water blue) to make it easier for brown to flow. When getting rid of boxes, throw them into the earth. Be careful not to hit anyone with brown boxes since they can stop the heart or brain function. When giving someone earth boxes, you need to “jam” them in since they tend to be solid and massive. Be sure and follow body flows.

Dragon’s Breath Technique

DO NOT USE DRAGON’S BREATH WITH EARTH BOXES!! You will clog your lungs and possibly stop your heart.

Direct Flow Technique

The direct flow method works well with grass green. Earth brown doesn’t flow very well unless you add water blue. The deeper the shade of brown, the more water you will need to flow it.

8. Healing With Earth Energies

Pimples

Pimples and other skin surface inflammations have fire energy. You can either pull the red-orange and yellow-orange out by direct-flowing fire or you can smother it by putting tiny cubes of earth brown on it for several days in a row. Once the inflammation is gone, you may still have a bump because the earth is still there. Use direct flow or water boxes to flow the earth away, then put small cubes of grass green in the area to revitalize the skin and grow healthy tissue.

Broken Bones

With broken bones, first pull out all the flame bands to reduce swelling and inflammation. Then begin adding in grass green boxes to the break. The person should feel a weaving, itching or knitting sensation. “Knitting a bone” is a magical term. Add in brown boxes afterwards to stabilize the area. If there is any scar tissue, use direct flow water blue to flow it away. Do not put plaster casts on the bones because they draw out too much healing energy and make the area too stable. Plaster casts have too much insulator, which causes resistance. Remove casts as much as possible to allow the energies the flow.

Bruises

First pull the inflammation from the area (red orange), keeping in mind body flows and pulling from below the area of pain. Next, circulate deep red by putting one hand above and one hand below the area and flowing deep red from one hand to the other. This will get the stuck blood moving and prevent discoloration. Finally, add in grass green boxes over several days to revitalize the tissue.

Bleeding

Earth brown boxes can be used to stop bleeding or heal wounds. Do not put grass green into bleeding wounds since that will cause it to bleed even more. To stop bleeding, put small cubes of brown, with solid, insulator or massive, into the area. Once the area has stopped bleeding, put in small cubes of grass green to promote healing and healthy tissue growth. You may have to flow water later to prevent scar tissue from forming.

Cancer

Don't try to heal cancers or tumors with grass green they are already healthy enough. Adding grass green will cause cancers and tumors to grow and spread! With any tumor or cancer, first pull air energies since every living thing needs air to grow and breathe. To kill the cancer or tumor you have to smother it with brown boxes or kill it with blasts of red orange. Both procedures should be handled with great care! If the tumor is in the head, near the heart or in the lungs, you will have to use red orange. Use small boxes of red orange and place them precisely in the area of cancerous growth. The area may turn red for 3 or 4 days. If the tumor is in other areas, you can put in brown boxes to smother them. Keep adding red orange or brown boxes (or a combination of the two) daily until the tumor is dead (stops growing or shrinks some, or feels cool rather than spiky or hot). Wash away the tumor or growth daily with direct flow water or water boxes. Once the area is completely cured of cancer or tumors (and this has been verified), you can add in grass green boxes to promote healthy tissue growth. Be careful with these procedures! Remember that the Universe doesn't care what you meant to do, but it does care what you actually do!

9. Rooting

Rooting is great technique for flowing earth energies deep into the ground, releasing excess energies of any kind, pulling earth energies into the body and mineralizing the body. Rooting is also useful for preventing out-of-body travel at night, keeping traction on slippery footing, preventing someone from pushing you around and grounding out excess fire energies from large groups.

Directions for Rooting

You can extend roots from your heels, the palms of your hands, the base of your spine, or, with practice, just about any joint in your body (although the ones mentioned work the best).

- Place the body part from which you want to extend roots on the ground (palms, seat or heels). You can root from more than one body part at a time.

- Extend your roots out of your body, through the carpet or tile, into the sub floor and down into the earth. If you are in a multi-level building, you will need to go through each level until you reach the earth. If you are wearing shoes with thick soles, you may have to extend the roots out the sides of your shoes.
- Once your roots reach the earth, keep extending them down through the topsoil and deeper layers until you reach bedrock.
- When you reach bedrock, lock your roots in.
- With each exhaling breath, send excess tension, flame bands, stuck water or other unwanted energies down your roots into the bedrock. Remember, earth is highly receptive and will receive these energies easily.
- With each inhaling breath, pull in minerals, fluids and other energies from the earth for nourishment and balancing. You don't need to look at any particular color source for this – your body and your roots will work automatically with the earth to pull up what you need.
- Once you feel relaxed and nourished, pull your roots back up into your body. Always be sure to pull your roots back – if you stand up without doing so, you'll feel a slight “popping” sensation and your body will be sore for a few days. If for any reason you do forget to pull up your roots before you move, do some direct flow to ground out red orange to relieve the pain.

Rooting can be used for the following:

- Use the procedure described above for self-balancing.
- In a loud, noisy crowd, or even an angry crowd, if you can't access an electrical ground, you can put down roots and ground the excess fire energy through your roots.
- If someone is harassing you physically, mentally or spiritually, you can put down roots to make yourself more stable and grounded. Push your heels down as you root to push the roots down strongly and quickly.
- When walking on icy or slippery ground, you can extend little “claw” roots out of your feet, pulling them up when you pick up your foot and pushing them back into the ground each time you put your foot back on the ground.
- If you travel out of body at night when you sleep and want to have a more restful night, put down roots each night around and through the bed to keep yourself in body. Pull the roots up in the morning before you get out of bed.

- To dump earth energies quickly, put down roots and push brown with a little water down your roots. It's faster than other forms of direct flow.

10. Exit Ritual

The Exit Ritual for this week is:

Sky Father and
Earth Mother
Walking in Strength
I Greet You.

